

**Nolensville Family Medicine**  
**776-8088**

**Instructions for 2 Hour Postprandial Blood Sugar**

**Reason for this test:**

Previous lab results indicated you had an elevated blood glucose level (sugar).

The best test to see if you may or may not be Diabetic is a 2 hour postprandial blood sugar. 2 hours after you have eaten, your blood sugar should be within the normal range. This helps us to see what your body is doing with the sugar.

**Instructions:**

1. You must have fasted (nothing to eat or drink except for **water** or **black coffee**) for 12 hours.
2. If you are having your labs done and then you are coming back, you will leave the office and immediately drink **80 grams** worth of carbohydrates. (2 canned Cokes, Dr.Pepper, Sprite, Chocolate Milk, etc...) They can not be diet drinks. You may also eat breakfast if needed. **Please try to be finished with this within 20 minutes.** When you have taken your last bite or last drink, look at the time and be back at the office 2 hours after completing this process. Nothing else to eat or drink prior to the 2 hour blood draw.
3. Example: you finish eating at 8:30am, you must be back here at 10:30am to have 2 hour postprandial drawn.

If you are unable to come back to have this done on the same day you are having all your other labs drawn, you may have it done at the time of your office appointment.

1. This means you must fast the night before. If your appointment is at 8:00am, you can not have anything to eat or drink after 6:00pm the night before. (you may have water or black coffee only)
2. The morning of your appointment you must follow the instructions as listed above. You must be through with your drinks and breakfast 2 hours **BEFORE** your appointment. If your appointment is at 8:00am, you must be finished by 6:00am.